

Chicken and Rice Casserole

Makes: 4 Servings

Use canned chicken, condensed soup, and rice to make a delicious casserole.

Ingredients

1 cup canned chicken (drained)
1 can condensed vegetable soup (about 10 ounces)
3/4 cup white rice (uncooked)
1 1/4 cups water
1 teaspoon garlic powder
1/2 teaspoon black pepper

Directions

1. Preheat oven to 375 degrees F.
2. Combine all ingredients in a 9x9-inch baking dish.
3. Cover with a lid or aluminum foil and bake 20 minutes or until rice is cooked evenly.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	280	
Total Fat	5 g	
Protein	16 g	
Carbohydrates	43 g	
Dietary Fiber	1 g	
Saturated Fat	1.5 g	
Sodium	400 mg	